| Sunday   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|--|---|---|---|---|---|--|
| Easter Day   | 2 10:00 - 10:45 AM(SC1st - ES)Λ Wii Bowling 11:00 - 11:30 AM (SC1st - ES) ∞DVD Fitness Toning 1:00 - 4:00 PM (AC) Λ Bridge 1:15 - 2:15 PM (SC1st - ES)∞ British Drama: Agatha Christie's Poirot, Series 1 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic 4:00 - 4:45 PM (AC) Λ Ω© WHV Singers Rehearsal 6:45 - 8:30 PM (SC1st - ES) Λ Ω φ Monday Night Movie: Chonda Pierce - Stand-up for Families 1 hr 21 mins (Comedy) Not Rated | 3 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:00 - 2:00 PM (SC1st - ES) Cooking in the Kitchen with Kathy 1:30 - 2:30 PM(SCCR)\$ Λ Ω Bingo 3:30 - 4:15 PM (SC1st-ES) ∞ABC Fitness with Logan 4:00 - 5:15 (SCLob) Montgomery Regional Mobile Library brings books for you to check out. 6:00 - 7:30 PM (SC3rd)Λ Mini Manicures 6:30 - 7:15 PM (Sc1st ES) Λ Ω© Writers group 7:30 - 8:30 PM (SCConf) Λ AA Meeting for WHV | 4 10:00 - 10:30 AM (SC1st - ES) ΛΩ Catholic Communion 11:00 - 11:30 AM (SC1st - ES) <sup>∞</sup> DVD Fitness: 1:00 - 2:00 PM (AC) ΛΩ Scrabble With Friends 2:30 - 3:00 PM (SCDR) <sup>∞</sup> Fitness w/ David: Seated Aerobic 3:00 - 3:30 PM (SCCR) Λ Helping Hands of Showalter 3:30 - 4:15 (Sc1st - ES) <sup>∞</sup> Wii Bowling 4:00 - 4:45 PM (AC) Λ Ω <sup>©</sup> WHV Singers Rehearsal 7:30pm-9:00pm (AC) New River Bird Club Meeting | 5 9:00 - 9:45 AM (SC4th - TTL) Beginning Bridge with Ted 10:00 AM - 12:00 PM (SC4th - TTL) Ω Refresher Bridge class with Anne and Ted 10:00 - 11:00 AM (VC) Headline News Discussion Group 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:30 - 2:30 PM (SC1st - ES)\$ Λ Ω Bingo 2:35 - 4:00 PM (SC1st-ES) Bible Study: Gospel of Matthew 3:00 - 3:30 PM (SC Lob) Ω April Birthday Social/ Brain Aerobics 3:30 - 4:30 AM (AC) GREAT COURSE DVD SERIESE: WWII 6:30 - 7:30 PM(SC1st - ES)Λ Ω© Game Time with Ruthie         | $10:00 - 10: 45$ AM (SC $4^{th}$ - TTL) Knitting and Chatting $11:00 - 11:30$ AM (SC1st - ES) Seated Exercise DVD $1:15 - 2:15$ AM (SC1st) BBC Call the Midwife $2:00 - 3:00$ PM (AC) Gospel Sing-a-long with Robbie Vance $2:30 - 3:00$ PM (SCDR) $\infty$ Fitness w/ David: Seated Aerobic $3:00 - 3:30$ PM (SCDR) $\Lambda$ Ω Wine and Cheese Happy Hour $4:00 - 5:00$ PM (AC) $1^{st}$ Friday Social Time/Village Birthday Social | 7 9:30 - 10:15 AM (SC1st - ES) Λ Morning Social  11:00 - 11:30 AM (SC1st - ES) Λ∞ Chair Stretches  2:00 - 4:00 PM (SC1st - ES)ΛΩφ Afternoon Movie: Ben Hur (Part 1) 2 hrs 21 mins (Adventure, Drama, History) (1959) Rated G  3:30 - 4:30 AM (AC) GREAT COURSE DVD SERIESE: WWII |
| 2:00-3:30 PM (SC3rd – EN) Λ Ω Scrabble  2:00 – 4:00 PM (SC1st – ES) φ Movie Sunday: The Sound of Music 2 hrs. 54 mins. (Biography, Drama, Family) (1965) Rated G  6:45 -7:30 PM (SC1st – ES) Λ Ω Sunday Evening Worship: | 10:00 - 10:45 AM(SC1st - ES) A Wii Bowling 11:00 - 11:30 AM (SC1st - ES) ∞DVD Fitness Toning 1:00 - 4:00 PM (AC) A Bridge 1:15 - 2:15 PM (SC1st - ES)∞ British Drama: Agatha Christie's Poirot, Series 1 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated   | 10 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:00 - 2:00 PM (SC1st - ES) Cooking in the Kitchen with Kathy 1:30 - 2:30 PM(SC1st - Conference Room)\$ Λ Ω Bingo 3:00-3:30 PM (SC3rd)Λ Ω • Investigate the Bible 3:30 - 4:15 PM (SC1st-ES) ∞ ABC Fitness with Logan 6:00 - 7:30 PM (SC3rd)Λ Mini Manicures 6:30 - 7:15 PM (SC1st - ES) Λ Ω© Writers group 7:30 - 8:30 PM (SCConf) Λ AA Meeting for WHV                    | 11 10:00 - 10:30 AM (SC1st - ES) Catholic Communion 11:00 - 11:30 AM (SC1st - ES) <sup>∞</sup> DVD Fitness: 1:00 - 2:00 PM (AC) Λ Ω Scrabble With Friends 2:30 - 3:00 PM (SCDR) <sup>∞</sup> Fitness w/ David: Seated Aerobic 3:30 - 4:15 (Sc1st - ES) <sup>∞</sup> Wii Bowling 4:00 - 4:45 PM (AC) Λ Ω <sup>©</sup> WHV Singers Rehearsal  | 9:00 - 9:45 AM (SC4th - TTL) Beginning Bridge with Ted 10:00 - 10:30 AM (SCConf) Episcopal Communion 10:00 AM - 12:00 PM (SC4th- TTL) Ω Beginning/Refresher Bridge class with Anne and Ted 11:00 - 11:30 AM (SC1st - ES) ∞ DVD-Fitness: Seated Strength Training 1:30 - 2:30 PM(SC1st - ES)\$ Λ Ω Bingo 2:35 - 4:00 PM (SC1st - ES) Bible Study: Gospel of Matthew 3:00 - 3:30 PM (4th - TTL) Brain Aerobics 3:30 - 4:30 AM (AC) GREAT COURSE DVD SERIESE: WWII 6:30 - 7:30 PM(SC1st - ES)Λ Ω© Game Time/ Ruthie 7:00 - 9:00 PM (AC) Mountain Jam | 13 10:00 - 10: 45 AM (SC 4 <sup>th</sup> - TTL) Knitting and Chatting 11:00 - 11:30 AM (SC1st - ES) Seated Exercise DVD 1:15 - 2:15 AM (SC1st) BBC Call the Midwife 2:30 - 3:00 PM (SCDR) ∞ Fitness w/ David: Seated Aerobic  | 9:30 - 10:15 AM (SC1st - ES) Λ Morning Social  11:00 - 11:30 AM (SC1st - ES) Λ∞ Chair Stretches  2:00 - 4:00 PM (SC1st - ES) Λ Ω φ Afternoon Movie: The Greatest Showman 1 hr 45 mins (Biography, Drama, Musical) (2017) PG  3:30 - 4:30 AM (AC) GREAT COURSE DVD SERIESE: WWII  |

| 4 = 1               |                              |                                       | 10                                     | 1                                  |   |                       |
|---------------------|------------------------------|---------------------------------------|--|------------------------------------|---|-----------------------|
| 15                  | 16                           | 17                                    | 18                                     |                                    | 20  | 21                    |
| 2:00-3:30 PM (SC3rd | 9:30-Noon (SC Conf)          | 10:00 - 10:45 (SC1st - ES) Λ          | 10:00 - 10:30 AM                       | 9:00 - 9:45 AM (SC4th - TTL)       | 10:00 - 10: 45 AM (SC 4 <sup>th</sup>             | 9:30 - 10:15 AM       |
| – EN) Λ Ω Scrabble  | ∞Podiatrist                  | Christian Fellowship - Methodist      | (SC1st - ES) $\Lambda \Omega$ Catholic | Beginning Bridge with Ted          | - TTL) Knitting and Chatting                      | (SC1st - ES) /        |
| 2:00 4:00 PM        | 11:00 - 11:30 AM (SC1st -    | 11:00 - 11:30 AM (SC1st - ES) ∞       | Communion                              | 10:00 AM - 12:00 PM (SC4th - TTL)  | 11:00 - 11:30 AM (SC1st - ES) Seated Exercise DVD | Morning Social        |
| 2:00 - 4:00 PM      |                              | DVD-Fitness: Seated Strength Training | 11:00 - 11:30 AM (SC1st                | Ω Beginning/Refresher Bridge class | ,   | 11.00 11.20 11        |
| (SC1st - ES) $\phi$ | ` ,                          | 1:30 – 2:30 PM(SCCR) Λ Ω Bingo        | – ES)∞                                 | with Anne and Ted                  | 1:15 - 2:15 AM (SC1st)                            | 11:00 - 11:30 AM      |
| Movie Sunday: The   | 1:00 – 2:00 PM (SCConf)      | 3:30 – 4:15 PM (SC1st-ES) ∞ ABC       | DVD Fitness                            | 10:00 - 11:00 AM (VC)              | BBC Call the Midwife                              | (SC1st - ES) Λ∞ Chair |
| King and I 2 hrs 13 | Free Hearing Aid Clinic -    | Fitness with Logan                    | 1:00 – 2:00 PM (AC) ΛΩ                 | Headline News Discussion Group     | 2:30 - 3:00 PM (SCDR) ∞                           | Stretches             |
| mins (Biography,    | Repair and Cleaning Free     | 4:00 – 5:15 (SCLob) Montgomery        | Scrabble With Friends                  | 11:00 - 11:30 AM (SC1st - ES) ∞    | Fitness w/ David: Seated                          | 0.00 4.00 DM          |
| Drama, Musical)     | 1:15 - 2:15 PM (SC1st -      | Regional Mobile Library brings books  | 2:30 - 3:00 PM (SCDR) ∞                | DVD-Fitness: Seated Strength       | Aerobic   | 2:00 - 4:00 PM        |
| (1956) G            | ES)∞ British Drama: Agatha   | for you to check out.                 | Fitness w/ David: Seated               | Training                           | 3:00 – 3:30 PM (SCDR) ΛΩ                          | (SC1st – ES)ΛΩ φ      |
| C 45 7 20 PM        | Christie's Poirot, Series 1  | 6:00 − 7:30 PM (SC3rd)Λ Mini          | Aerobic                                | 1:30 - 2:30 PM(SC1st - ES)\$ Λ Ω   | Wine and Cheese Happy                             | Afternoon Movie:      |
| 6:45 -7:30 PM       | 2:30 – 3:00 PM (SCDR) ∞      | Manicures                             | 3:00 - 3:30 PM (SC1st -                | Bingo                              | Hour  | Thank you For your    |
| (SC1st - ES) ΛΩ     | Fitness w/ David: Seated     | 6:30 – 7:15 PM (SC1st - ES) Λ Ω©      | ES) What's Cooking with                | 2:30 – 4:00 PM (SC1st-ES) Bible    | 4:00 – 5:00 PM (VC) Story                         | Service 1 hr 49 mins  |
| Sunday Evening      | Aerobic                      | Writers group                         | Nate                                   | Study: Gospel of Matthew           | Hour/Happy Hour                                   | (Biography, Drama,    |
| Worship:            | 4:00 – 4:45 PM (AC) Λ Ω©     | 7:30 – 8:30 PM (SCConf) Λ             | 3:30 - 4:15 (Sc1st -                   | 3:00 - 3:45 PM (SC4th-TTL)         |   | War) (2017) R         |
|                     | WHV Singers Rehearsal        | AA Meeting for WHV                    | ES)∞ Wii Bowling                       | Sing-A- Long with Diane            |   | 2-20 4-20 454 (40)    |
|                     | 6:45 - 8:30 PM (SC1st - ES)  |                                       | 4:00 – 4:45 PM (AC) Λ                  | 3:30 – 4:30 AM (AC) GREAT          |   | 3:30 - 4:30 AM (AC)   |
|                     | ΛΩ φ Monday Night Movie:     |                                       | Ω© WHV Singers                         | COURSE DVD SERIESE: WWII           |   | GREAT COURSE DVD      |
|                     | The Stray 1 hr 32 mins       |                                       | Rehearsal                              | 6:30 - 7:30 PM(SC1st - ES)Λ Ω©     |   | SERIESE: WWII         |
|                     | (Drama, Family) (2017) PG    |                                       |  | Game Time with Ruthie              |   |                       |
| 22                  | 23                           | 24                                    | 25                                     | 26                                 | 27  | 28                    |
| 2:00-3:30 PM (SC3rd | 10:00 - 10:45 AM(SC1st -     | 10:00 – 11:00 AM (SCCR) $\Lambda$ Ω   | 10:00 - 10:30 AM (SC1st                | 9:00 - 9:45 AM (SC4th - TTL)       | 10:00 - 10: 45 AM (SC 4th                         | 9:30 - 10:15 AM       |
| – EN) Λ Ω Scrabble  | ES)Λ Wii Bowling `           | Christian Fellowship – Presbyterian   | – ES) ΛΩ Catholic `                    | Beginning Bridge with Ted          | - TTL) Knitting and Chatting                      | (SC1st - ES) /        |
| ,                   | 11:00 - 11:30 AM (SC1st -    | 11:00 - 11:30 AM (SC1st - ES) ∞       | Communion                              | 10:00 AM - 12:00 PM (SC4th - TTL)  | 11:00 - 11:30 AM (SC1st -                         | Morning Social        |
| 2:00 - 4:00 PM      | ES) ∞DVD Fitness Toning      | DVD-Fitness: Seated Strength Training | 11:00 - 11:30 AM (SC1st                | Ω Beginning/Refresher Bridge class | ES) Seated Exercise DVD                           |                       |
| (SC1st- ES) φ Movie | 1:00 – 4:00 PM (AC) Λ Bridge | 1:00 - 2:00 PM (SC1st - ES) Cooking   | – ES)∞                                 | with Anne and Ted                  | 1:15 - 2:15 AM (SC1st)                            | 11:00 - 11:30 AM      |
| Sunday: The Music   | 1:15 - 2:15 PM (SC1st -      | in the Kitchen with Kathy             | DVD Fitness                            | 11:00 - 11:30 AM (SC1st - ES) ∞    | BBC Call the Midwife                              | (SC1st - ES) Λ∞ Chair |
| Man - 2 hrs 30 mins | ES)∞ British Drama: Agatha   | 1:30 - 2:30 PM(SC1st - Conference     | 1:00 - 2:00 PM (AC) Λ Ω                | DVD-Fitness: Seated Strength       | 2:30 - 3:00 PM (SCDR) ∞                           | Stretches             |
| (Comedy, Family,    | Christie's Poirot, Series 1  | Room)\$ Λ Ω Bingo                     | Scrabble With Friends                  | Training                           | Fitness w/ David: Seated                          |                       |
| Musical) (2003) Not | 2:30 - 3:00 PM (SCDR) ∞      | 3:00-3:30 PM (SC3rd) Λ Ω •            | 2:30 - 3:00 PM (SCDR) ∞                | 1:30 - 2:30 PM (SC1st - ES)\$ Λ Ω  | Aerobic   | 2:00 - 4:00 PM        |
| Rated               | Fitness w/ David: Seated     | Investigate the Bible                 | Fitness w/ David: Seated               | Bingo                              |   | (SC1st - ES)Λ Ω φ     |
|                     | Aerobic                      | 3:30 - 4:15 PM (SC1st-ES) ∞ ABC       | Aerobic                                | 2:35 - 4:00 PM ( SC1st-ES) Bible   |   | Afternoon Movie:      |
| 6:45 -7:30 PM       | 4:00 - 4:45 PM (AC) Λ Ω©     | Fitness with Logan                    | 3:30 - 4:15 (Sc1st -                   | Study: Gospel of Matthew           |   |                       |
| (SC1st - ES) Λ Ω    | WHV Singers Rehearsal        | 6:00 - 7:30 PM (SC3rd)/\              | ES)∞ Wii Bowling                       | 3:00 - 3:30 PM (SC4th) Brain       |   | 3:30 - 4:30 AM (AC)   |
| Sunday Evening      | 6:45 - 8:30 PM (SC1st - ES)  | Mini Manicures with VT Students       | 4:00 - 4:45 PM (AC) Λ                  | Aerobics                           |   | GREAT COURSE DVD      |
|                     | ΛΩ φ Monday Night Movie:     | 6:30 - 7:15 PM (SC1st - ES) Λ Ω©      | Ω© WHV Singers                         | 3:30 - 4:30 AM (AC) GREAT          |   | SERIESE: WWII         |
|                     | The Lost Valentine - 1 hr 27 | Writers group                         | Rehearsal                              | COURSE DVD SERIESE: WWII           |   |                       |
|                     | mins (Drama, Romance)        | 7:30 – 8:30 PM (SCConf) Λ AA          |  | 6:30 - 7:30 PM(SC1st - ES)Λ Ω©     |   |                       |
|                     | (2011) TV - G                | Meeting for WHV                       |  | GameTime with Ruthie               |   |                       |
|                     |                              | 1                                     | 1                                      | •                                  |   |                       |

| (SC1st- ES) $\phi$ Movie | 30<br>10:00 – 10:45 AM(SC1st – ES)Λ Wii Bowling<br>11:00 – 11:30 AM (SC1st – ES) $\infty$ DVD Fitness Toning<br>1:00 – 4:00 PM (AC) Λ Bridge<br>1:15 – 2:15 PM (SC1st – ES) $\infty$ British Drama: Agatha Christie's Poirot, Series 1<br>2:30 – 3:00 PM (SCDR) $\infty$ Fitness w/ David: Seated Aerobic<br>4:00 – 4:45 PM (AC) Λ $\Omega$ © WHV Singers Rehearsal<br>6:45 – 8:30 PM (SC1st – ES)<br>Λ $\Omega$ φ Monday Night Movie: | Calendar Codes  Physical- ∞  Social- Λ  Cognitive/Intellectual- Ω  Productive-©  Sensory-φ  Reflective-•  Outdoor-△  Nature-≈  Community- <sup>⊥</sup> | Calendar Codes  SCLob - Showalter Lobby  SCCR - Showalter  Conference Room  SCDR - Showalter Dining  Room  SC1st - ES - Elmwood  Studio  SC3rd - EN - Engleberry  Nook  SC 4th - TTL - Tree Top  Lounge  AC - Karr Activity Center  VC - Village Center Events  TOH - Tall Oaks Hall  Carson Library - New River  House |  | Movies Sponsored by  Montgomery-Floyd Regional Library One stop, unlimited possibilities |  |
|--------------------------|--|--|---|--|--|--|
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